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# homemakers' chat

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U. S. DEPARTMENT  
OF AGRICULTURE

(Release on Receipt)

SUBJECT: "Choose Cornmeal" - Information from Office of Marketing Services,  
War Food Administration.

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Both types of cornmeal...yellow and white...are among the plentiful point-free foods available in most markets now. If you don't keep a supply of cornmeal on hand, get a box next time you go shopping...and give your meals some of the variety for which cornmeal dishes are famous.

Your choice of cornmeal and the way you cook it is likely to depend upon the part of the country in which you grew up. Most folks in the south choose white in preference to yellow cornmeal. Cornpone, spoon bread and hoe cakes are the popular southern cornmeal dishes.

Cornmeal mush and milk...and fried cornmeal mush, are eaten from coast to coast. But of all the cornmeal that goes into American homes probably most of it is made into cornbread. Whether you make cornbread in flat pans and cut it into squares, or bake it in muffin tins...or pour the batter into specially made molds which make the baked product look like miniature ears of corn, you're pretty sure to please the family.

Cornmeal is useful for another purpose, too, during these days when you're trying to prepare savory meals without as much meat as usual. One dish that serves that purpose is scrapple. Gradually this famous dish has outgrown its Pennsylvania Dutch boundaries and is welcomed into many other, American homes.

Here's a simple recipe for making it. Simmer about 3 pounds of bony pieces of pork in 3 quarts of water until the meat drops from the bones. That's easy to remember: 3 pounds of meat and 3 quarts of water. Strain off the broth, remove the bones, and chop the meat fine. You should have about 2 quarts of broth now. Bring it to the boiling point and slowly stir in 2 cups of cornmeal. Repeating that: 2 quarts of broth and 2 cups of cornmeal. Cook it about 30 minutes and stir it frequently. Add the chopped meat, salt, and any other seasoning, such as a little sage or thyme. Pour the hot scrapple into cold bread pans. When the scrapple is cold and firm, you slice and brown the slices slowly in a hot skillet. Serve it hot and crisp.

